



## FROM HOPELESS TO

a story of continued fellowship

# Home



For local Waimanalo resident Julia “Nani” Kamaiopili, times were getting tough and hope was beginning to wear thin. Almost two years ago, Kamaiopili lost her son Jeffery Cavalio due to a motorcycle accident. Cavalio left behind three children for Kamaiopili to care for. The house they were living in was in shambles; it could not be renovated or saved. Sometimes the bathroom wouldn’t work so Kamaiopili and the children would have to use the nearby local parks restroom.

“This is not an environment fit for people to reside, something must be done,” Kamaiopili said. “We needed a safe home to live in. I am more concerned about the children and their safety.”

She attended a meeting at Waimanalo Health Clinic and found Habitat for Humanity. Melanie Kincaid, fund development director for Honolulu Habitat for Humanity, told Kamaiopili that if she was qualified, she would have to put many hours of work into this project. Kamaiopili herself donates numerous hours toward the house every Saturday until her home is completed.

Kincaid said, “They came to us about a year ago and the house prior coming to Habitat for Humanity was in bad condition with termite damage. Every time it rained, the water would leak through the roof onto the children’s beds. They couldn’t use the bathroom and sometimes went to the beach park to use the shower.”

With three grandchildren, it was imperative that they find a safe place to live so they went through a family

selection process where Habitat reviewed their application. Kamaiopili was picked based on need and ability to reimburse Habitat for Humanity for the home at a zero percent profit. She pays for the building cost only. With great volunteers from the military and community, this project is getting closer to completion each day.

About 15 people came to the work site with plenty of water and energy to take on the challenge that faced them. Lt. Henry Holcombe, chaplain at the Pearl Harbor Memorial Chapel and one of the volunteers, organized the group of Navy personnel to come help Kamaiopili.

Holcombe stated, “We as chaplains are trying to get our service members to give back to the community. Community relations projects are second nature to us. Back on the mainland, I wanted to get involved in it and get our folks here involved in it and started asking around if people would be interested. So I contacted a local chaplain’s office and received many helpful hands.”

Hospital Corpsman 3rd Class Adrian Friles of Makalapa Health Clinic said, “It feels good. I used to do this a lot when I was stationed in Japan. When Chaplain Holcombe told me about this, I was just so excited. I’ve been waiting for this and to be here is an honor.”

Cryptological Technician 2nd Class Lindsay Brindly said, “This is very important. I feel very lucky to be here today. I like to give to people who are less fortunate than I am.”

A major home improvement center, military personnel and the community have donated many materials and efforts. The scheduled move in date will be June 10.

As Kamaiopili sat on the bench collecting signatures from all the volun-

teers, she offered, “I’m not the only one here who needs help. There are others and I feel very privileged to have everyone’s help today. This house will be my legacy when I am gone. It’s a beginning for my family and I have to start somewhere; this is my second chance.”

“Having members from the armed forces is a very special feeling for me. I try to get to meet every single one. They have other things to do in the service and this is not their order. They are doing it with their heart because they want to. I am just so grateful,” she added.

With the many trials this family had to go through, there would always be the memory of Kamaiopili’s old home. She explained, “It kind of hurt to tear down the old house because of all of the memories, but that was the old and it’s time to move on with the new. I feel great because I have Jeffery’s children to brighten up this home now. I can still feel Jeffery’s spirit. He is still here with me helping me complete this house.”

Kincaid said, “Habitat for Humanity and the military have always had a strong bond together getting people to come out. Having military as support really does help out. Honolulu Habitat for Humanity is a grass-roots organization affiliated with the worldwide movement of Habitat for Humanity International. Our goal is to use local resources (both labor and financial support) to eliminate poverty housing on Oahu. We recruit help from individuals, churches and businesses who work together in equal partnership with families in need.”

If you would like to volunteer, visit [www.honoluluhabitat.org](http://www.honoluluhabitat.org).



# Spring's harbingers - Hawaiian style

Becky Hommon  
*Counsel, Navy Region Hawai'i*

The word "harbinger" is defined as something, in some cases someone, that signals a change is coming or is about to follow, whether it's an event or a change in the weather. The "harbingers of spring" for our mainland friends and families are thawing lakes, the first appearance of a robin, and blessedly longer days and slightly warmer temperatures. Gloves and hats are no longer necessary and shorts and sweaters may seem like a good idea once in a while.

Mainland friends and family ask those of us in the islands, "Don't you miss the changing seasons?" True, in Hawai'i the changes don't hit you in the face. Our harbingers aren't stark. Shorts always seem like a good idea here. We never have to scrape windshields in the morning and we don't live with leafless trees that look

dead for months at a time. So what are the harbingers of spring in Hawai'i? The rising sun's incremental movement from a somewhat southerly point on the eastern horizon to a more northerly point is accomplished so slowly that it's barely noticeable. It rains less (we hope) and the days do seem a bit longer. But there are two particular indicators by which you could almost identify the date without a calendar: the Pacific golden plover putting on its racing stripes and the blossoming of the jacaranda tree.

The Pacific golden plover, known in Hawaiian as kolea (kho-lay'-ah), turns from a winter dappled golden/brown to a near black with a white racing stripe for the spring flight across the Pacific. These birds feed in damp, grassy areas

like golf courses, walk around on long bony legs and make a distinctive chirp when they take flight. The chirp seems particularly noticeable at sunset. They're with us from mid-August to mid-April and then they're off to Alaska for the summer. When you notice every plover is black with a white racing stripe and then you no longer see them at all, it's probably April 25 or so.

The burst of purple color on a jacaranda is another reliable harbinger. Intentionally scheduling a trip to Maui this time of year gives you a chance to catch the jacarandas in blossom in Kula. Driving up to the National Park at Hale'akala (house of the sun)

through the ranch lands becomes especially beautiful with this purple canopy provided by the trees that line the roads. There's also one on base at Pearl Harbor, near the Morale, Welfare and Recreation marquee adjacent to Ward Field.. It's not Kula, Maui, but it's not bad. If that jacaranda on base is in bloom, it's probably April 20 or so. Enjoy its color while you can and enjoy the last few of the plovers - two local ephemeral harbingers. That's a mouthful.

Photo by JOC(SW) Joe Kane

## Super Garage Sale and Craft Fair



Photo courtesy of MWR Marketing

Vendors can now register for the upcoming Super Garage Sale and Craft Fair sponsored by Morale, Welfare and Recreation at Pearl Harbor. The event will be held from 8 a.m.-noon May 13 at Richardson Field. Military-affiliated sellers and crafters can apply for their own 10-foot-by-10-foot space by either visiting the Navy Information, Tickets and Travel office or online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Space is limited and early registration is recommended. Admission to the craft fair event is free and open to the general public. For more information, call 473-0606.

To report...

## Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE:  
808-473-1782

EMAIL:  
[prlh-cnrhig@navy.mil](mailto:prlh-cnrhig@navy.mil)



# Sounds of Aloha looking for singers

Karen S. Spangler

Assistant Editor

If you have ever aspired to sing barbershop style music, the Sounds of Aloha invites you to join them. The Sounds of Aloha, a men's barbershop chorus, is actively seeking new singers to make music with the organization.

Of the 60 singers who comprise the chorus, several are active duty, reserve or retired Navy personnel and several others are affiliated with other branches of the military services.

Navy Cmdr. Scott Nessler, a veteran of 18 years of making music with the Barbershop Harmony Society (an international organization), has performed with the chorus since he arrived on the island in October 2005 and sings a lead part. He was introduced to barbershop harmony by his mother, who was a member and director of a woman's barbershop chorus in Peoria, Ill., and said that he has grown up with the barbershop style of music most of his life.

For anyone aspiring to harmonize with the group, Nessler offered these encouraging words,



Photo courtesy of Sounds of Aloha

Vocalists from Sounds of Aloha enjoy harmonizing "barber shop" style. Rich Cordeiro (far right), a retired Navy master chief, and other members of the chorus perform a "singing Valentine" greeting earlier this year.

"Everyone is welcome; it is very easy and no formal training is necessary. Many barbershoppers learn their music by ear so sight reading is not necessary. It is a very exciting time for the chorus. It is starting to grow in size.

Anyone interested should come on by any Thursday night around 7 p.m. We have music waiting for them," he said.

Retired Navy Master Chief Rich Cordeiro, who sings bass and has been with the chorus for

15 years, explained that he was invited to attend a rehearsal in 1991 just two weeks before the group's annual show.

When some of the singers in the chorus took time during the break to teach the newcomer some lines (tags) of music, it made a lasting impression. "It impressed me that so close to a show the guys would take that much time to make me feel welcome. I went to the show two weeks later and by intermission I knew the chorus was what I wanted to be a part of. I joined the following week and it's been a constant joy in my life ever since," said Cordeiro.

He offered an invitation for singers to attend upcoming rehearsals. "I would invite them to a rehearsal so they can experience how we spend an evening. We provide guest books with the current chorus music so guests can sing with us. Our guests are never pressed to sing, but they are always invited to participate at whatever level makes them comfortable," he said. "I would also invite them to come to the show this weekend and to our guest night May 18. That would give them several experiences to see if singing with the chorus is

something they would like to pursue," he added.

The Sounds of Aloha "barbershoppers" will present their spring concert, "The Voyage of the Merciless Maiden (A Pirate's Tale)," at 7:36 p.m. May 5-6 at Hawai'i Theatre in Honolulu. Pre-show entertainment will begin at 7:06 p.m. The chorus and quartets will tell the story with humor and "pirate" songs.

The National A Cappella Champions, Metropolis, will headline the second-half of the program. Ticket prices for the show are \$14, \$20 and \$27. For more information, call 528-0506.

The Sounds of Aloha has given performances throughout the community, including several performances on the USS Missouri on Ford Island.

Men who are interested in joining the chorus are invited to attend the rehearsals, held at 7 p.m. every Thursday evening at the Ala Wai Clubhouse, second floor. Guests are always welcome and a special guest night will be held May 18.

For more information about Sounds of Aloha, call 262-SONG or visit their Web site at <http://soundsofaloha.org/>.

STORY  
IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:  
**Phone: (808) 473-2888**  
Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)  
**Hawaii Navy News**

# Skylark Central

## Cinco de Mayo Crossword Puzzle

- Down
1. hot pepper

2. small, hardy horse

3. the condition of being successful or thriving

4. mountain range

5. Mexican hat

6. plateau

8. a hanging, colorful container holding candies, fruits and toys. To get the goodies, you must break it with a sturdy stick!

11. to remember or mark by a ceremony

14. the number "five"

15. small donkey; more widely known as a flour tortilla folded around a meat filling.

16. village, town
- Across
7. mud brick dried by the sun, used to build small homes

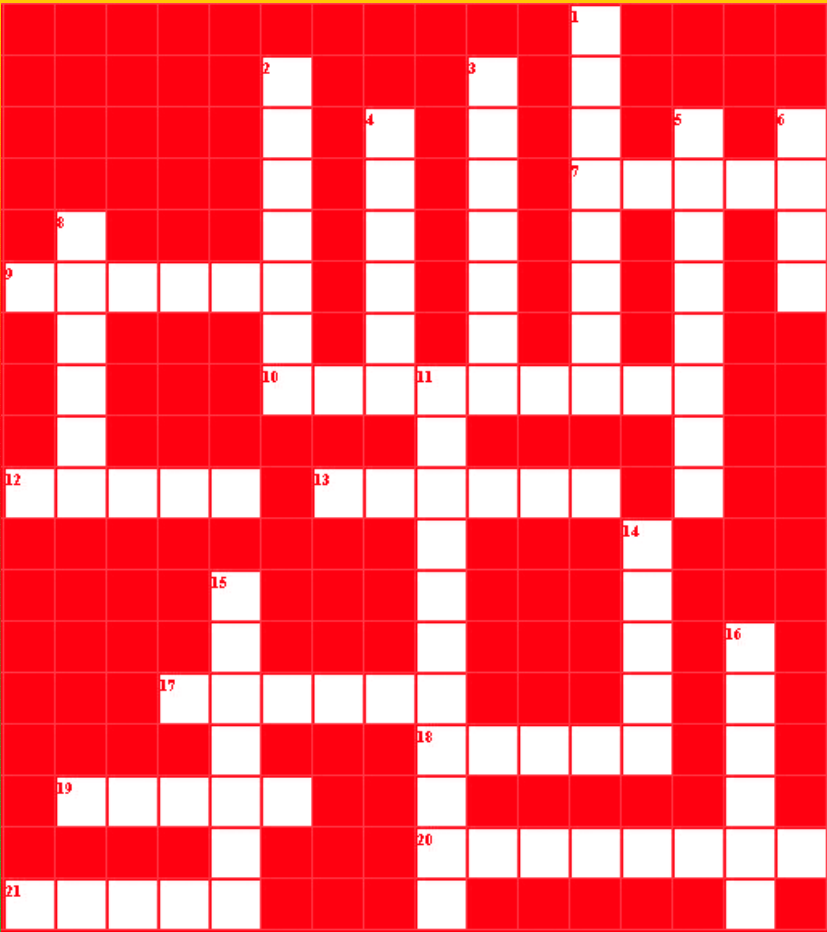
9. party

10. avocado dip

12. a spicy sauce of tomatoes, onions, and peppers. Eaten with tortilla chips!

13. this large, round, red, pulpy fruit is often called a vegetable. It is one of the main ingredients in salsa!

17. wild, untamed horse



Know your Navy

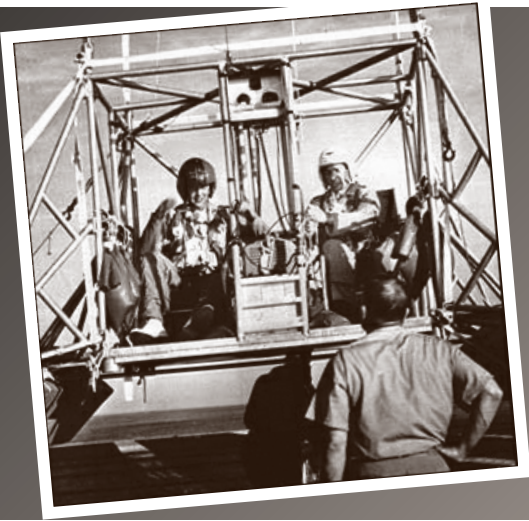
Who was the first American to go into space in 1961?

Last week's question...  
In the "Sailor's Creed," what sentence comes right after this line:  
"I proudly serve my country's Navy combat team with honor, courage and commitment."  
Answer...  
"I am committed to excellence and the fair treatment of all."

### Last week History mystery

On May 4, 1961, Navy pilot, Cmdr. Malcolm D. Ross, USNR, and medical observer, Lt. Cmdr. Victor A. Prather, Jr., ascended in two hours to over 110,000 feet in Strato-Lab 5, a 411-foot hydrogen filled balloon. This was the highest altitude attained by man in an open gondola. Tragically, Prather drowned during the recovery.

What U.S. Navy ship launched the balloon?  
Answer: USS Antietam





# MWR

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held. For more information (FMI): visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)



## Outdoor Adventure Events

### May

- 13:** Sunset horseback ride, 4 p.m., \$85. Register by May 10.
- 14:** Mother's Day Pokai Bay kayaking, 9 a.m., \$15. Register by May 10.
- 20:** Palikea Hike, 7:30 a.m., \$10. Register by May 17.
- 21:** Alpine Tower, 9 a.m., \$20. Register by May 17.
- 27:** Hauula family hike, 9 a.m., free. Register by May 24.
- 28:** Surf kayaking, 9 a.m., \$15. Register by May 24.

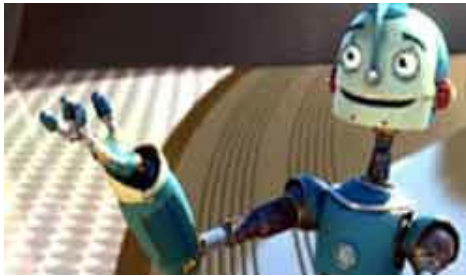
### YOUTH, TEEN SUMMER CAMPS

Registration will begin in **May** for youth and teen summer camps, sponsored by Morale, Welfare and Recreation (MWR) at Pearl Harbor. Children can learn how to bowl, play tennis, sail or surf at a sports camp or be a part of the Outdoor Rangers where they create their own experiences. In Teen Sail Training and Leadership Adventure, the ocean becomes the setting as teens embark on a three-day sail to the island of Kauai. At Operation Purple camp, teens will fly to the Kilauea Volcano on the Big Island to explore lava tubes and volcanic terrain. FMI or to register: 421-1556 (Catlin Clubhouse) or 499-2572 (Iroquois Point Clubhouse).



### SUPER GARAGE SALE AND CRAFT FAIR

Vendors can now register for Pearl Harbor MWR's Super Garage Sale and Craft Fair which will be held from 8 a.m.-noon **May 13** at Richardson Field. Military-affiliated sellers and crafters can apply for their own 10-foot-by-10-foot space by either visiting the Navy ITT office or online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Space is limited and early registration is recommended. Admission to the craft fair event is free and open to the general public. Upcoming craft fair dates are **Aug. 5** and **Nov. 4**. FMI: 473-0606.



### FAMILY FUN AND MOVIE NIGHT

Free family fun and movie nights, courtesy of Pear Harbor MWR, are planned throughout the summer at Naval Computer and Telecommunications Area Master Station Pacific, Pearl City and Ford Island. "Robots" (rated PG) will be shown **May 13** at Pearl City Community Center. The family fun is from 4-7 p.m. and will include games, bounce houses, free cotton candy and popcorn. are served. The movie will begin at 7 p.m. FMI: 471-8658.

### OFFICIAL SOUVENIR RIMPAC 2006 COIN NOW ON SALE

Visit any Information, Tickets and Travel office to pick up your official Rim of the Pacific (RIMPAC) coin for \$5. The heavy brass coin displays the official RIMPAC logo and the Hawai'i State Seal.

### FAMILY FITNESS FRIDAY

Family Fitness Friday Happy Hour will be offered from 5-6 p.m. on **Fridays** at Bloch Arena. The activity is free and provides an opportunity for families to work together on fitness goals. Participants learn how to stay fit with their children, under the guidance of a certified specialist. Workouts include a variety of equipment, appropriate skill level and partner exercises. The family fitness hour is open to parents and their children ages 10 and up (no more than two children per adult). Reservations recommended. FMI: 473-0793.



### WHALE WATCHING SPECIALS

Enjoy whale watching on a Pacific Splash Whale Watching cruise. Navy ITT offices have an assortment of cruise options to fit patrons schedules and budgets. FMI: 473-1190.



- May 5:** Midnight Shark Hunt, 5 pm, \$130.
- May 6:** Aloha Stadium Swap Meet, 10 a.m., bring money.
- May 8:** Makani Helicopter Rides time to be announced, \$90.
- May 9:** Dave and Buster's Night, 7 p.m., bring money.
- May 11:** Who's Birthday is it? Sign-up for free cake and ice cream. 6:30 p.m., free.

### Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** 8-Ball tournament (Beeman Center)- 7 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.

# Communit

To have your activity or event featured in the *Community Calendar*, e-mail your requests to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is *Thursday* for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

## Today

**Pacific Fleet Master Chief (SS/SW) Rick West will speak at the Surface Navy Association (SNA) luncheon** at 11:30 a.m. at Lockwood Hall. He will address a variety of topics from IAs to new uniforms. The cost of the luncheon is \$15 for non-members and \$7 for SNA members. The cost of the luncheon for those joining SNA today will be offered free or at a discount. FMI: [caleb.horn@navy.mil](mailto:caleb.horn@navy.mil).

## May

**Through June 15 - Youth soccer registration/camp** – Pre-registration for the fall youth soccer season for American Youth Soccer Organization (AYSO) Region 188 (Pearl Harbor and Hickam AFB) will be held through June 15. Practice will begin in August. The season will run from September through November. The cost is \$55 per person. Walk-in registration will be July 8, 14 and 22 and Aug. 5; locations will be announced. FMI: [www.soccer.org](http://www.soccer.org) and log on to e-AYSO. AYSO summer camp will be held July 10-14. The cost for the camp is \$69, \$79 and \$99. AYSO is looking for host families to house visiting coaches. FMI: [www.aysoregion188.org](http://www.aysoregion188.org) or call 834-5439.

**6 - Halsey Hoedown** - Residents in the Halsey Terrace community are invited to head to Halsey Park for a "country hoedown" from 11 a.m.-2 p.m. The event is sponsored by Forest City Residential Management. The menu will include country fried chicken, corn on the cob, burgers, "dawgs" and more. There will be free pony rides and a petting zoo for the keiki. For more information, call 423-7713.

**6 - USO Hawai'i presents "A Salute to Our Troops"** – The day-long tribute to thousands of Hawai'i-based military service members will begin with a parade at 9:30 a.m. The parade will begin at Fort DeRussy, continue down Kalakaua Avenue to Monsarrat Avenue and end at Kapiolani Park. A free outdoor concert featuring top national and local performers will offer a musical salute to the troops beginning at noon at Kapiolani Park. John Legend, Grammy-award winning rhythm and blues artist, will headline the show and will be joined by the Makaha Sons, Kapena, Seminole Country and more. The event will feature fun for the family with keiki activities, exhibits and food booths. FMI: 838-3351 or [www.usoahawaii.org](http://www.usoahawaii.org).

**11 - Junior Officer Spouses' Seminar** – The Junior Officer (JO) Spouses' Seminar will be held from 6:30-8:30 p.m. at Lockwood Hall at Naval Station Pearl Harbor. The theme for the event is "Bloom Where You Are Planted." The evening will feature open discussions, funny skits, desserts, and time to make connections with other JO spouses. The event is open to the spouses of Navy and Coast Guard personnel whose ranks are O-1, O-2 or O-3. RSVP: 473-4222, ext. 271 or email [hawaiijs spouses@hotmail.com](mailto:hawaiijs spouses@hotmail.com).

**12 - First Military Spouse Appreciation Day** – The Naval Station Pearl Harbor First Class Association will sponsor the First Military Spouse Appreciation Day beginning at 4:30 p.m. at Ward Field. There will be live entertainment, activities for children, gifts and prizes, free popcorn and shave ice, and a movie. FMI: 473-0065.

**20 - Pineapple Run** – The Chief Petty Officers' Association is sponsoring the Pineapple Run, beginning at 7 a.m. at Kaala Elementary School, 130 California Ave., Wahiawa. The 6.75-mile course will begin at the school and go through Wahiawa and the adjacent pineapple fields. Runners should sign in by 6:30 a.m. to receive a timing chip. The entry fee is \$20 per person. Packet pickup will be from 11 a.m.-7 p.m. May 18-19 at the Running Room in Honolulu. Online registration closes at 11:59 p.m. May 17. FMI: 653-0192 or 653-0823.

## At a Glance

**CLEP testing centers** - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Pearl Harbor Naval Station (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS – 422-0079; MCBH – 254-4133.

# AT THE MOVIES

Movie Call	
Sharkey Theater Naval Station Pearl Harbor (473-0726)	
TODAY	
7:00 p.m.	Failure To Launch (PG 13)
SATURDAY	
2:30 p.m.	The Shaggy Dog (PG)
4:30 p.m.	Aquamarine (PG 13)
6:45 p.m.	Inside Man (R)
SUNDAY	
2:30 p.m.	Aquamarine (PG 13)
4:45 p.m.	Stay Alive (PG 13)
6:45 p.m.	Slither (R)
THURSDAY	
7:00 p.m.	Inside Man (R)
Memorial Theater Hickam Air Force Base (449-2239)	
TODAY	
7:00 p.m.	Stay Alive (PG 13)
SATURDAY	
7:00 p.m.	Larry the Cable Guy (PG 13)
SUNDAY & WEDNESDAY	
7:00 p.m.	Inside Man (R)
THURSDAY	
7:00 p.m.	Larry the Cable Guy (PG 13)
Sgt. Smith Theater Schofield Barracks (624-2585)	
TODAY	
7:00 p.m.	Failure To Launch (PG 13)
SATURDAY	
2:00 p.m.	She's The Man (PG 13)
7:00 p.m.	V for Vendetta (R)
SUNDAY	
700 p.m.	She's The Man (PG 13)
WEDNESDAY	
7:00 p.m.	Failure To Launch (PG 13)
THURSDAY	
7:00 p.m.	V for Vendetta (R)

### Aquamarine

Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky lifeguard, she enlists the girls' help to win his heart.



### Failure to Launch

A 30 something man who still lives with his parents falls in love with the woman of his dreams and begins to suspect she has been hired by his parents as a way to get him out of the house.



### Inside Man

Tough cop, Detective Frazier matches wits with clever bank robber Dalton as a dangerous cat-and-mouse game unfolds. Unexpectedly, Madaline, a power broker with a hidden agenda, emerges to inject even more instability into an already volatile situation.

### Larry the Cable Guy

Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent

ethnic restaurants. But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants.



### The Shaggy Dog

Dave learns a valuable lesson about truth and appearances when quite unexpectedly, he finds himself changed into a sheepdog.



### She's the Man

Viola Johnson had her own good reasons for disguising herself as her twin brother Sebastian and enrolling in his place at his new boarding school. What she didn't count on was falling in love with her hot roommate, Duke, who in turn only has eyes for the beautiful Olivia.

### Slither

A small town in America-somewhat quaint and gentle, peopled with friendly folks who mind their own business. But just beneath the surface charm, something unnamed and evil has arrived and is growing. No

one seems to notice as telephone poles become clogged with missing pet flyers, or when one of the town's richest citizens, Grant Grant, begins to act strangely.



### Stay Alive

After the mysterious brutal death of an old friend, a group of teenagers find themselves in possession of "Stay Alive," a next generation horror survival videogame based on the true story of a 17th-century noblewoman known as "The Blood Countess." The gamers don't know anything about the game other than the fact that they're not supposed to have it-and they're dying to play it.



### V for Vendetta

Set against the futuristic landscape of totalitarian Britain, the story of a mild-mannered young woman named Evey who is rescued from a life-and-death situation by a masked vigilante known only as "V." Incomparably charismatic and ferociously skilled in the art of combat and deception, V urges his fellow citizens to rise up against tyranny and oppression.



# TriWest DVD provides help for troops suffering from combat stress

## TriWest Healthcare Alliance

To help ensure that America's troops who are suffering from combat stress get the help they need, TriWest Healthcare Alliance, the Department of Defense contractor administering the TRICARE program in the West Region, has produced a post-deployment support DVD featuring advice, information and encouragement from behavioral health experts.

"With some reports of nearly one-third of our returning service members exhibiting mental health or

combat stress-related symptoms, we produced this DVD to help them and their families seek treatment early in an effort to help prevent some of the long-term consequences of combat stress or even PTSD [post-traumatic stress disorder]," said David J. McIntyre Jr., president and CEO of TriWest. "Combat stress can devastate families, relationships and careers while leaving those who suffer from it feeling helpless and even suicidal. The video helps them understand the nature of combat stress and overcome the stigma of

seeking treatment," explained McIntyre.

TriWest received requests for 80,000 of the "Getting Home: All the Way Home" DVDs in the first 30 days they were available.

"This DVD has successfully de-mystified many of the concerns associated with the behavioral health matters of a Soldier's post-deployment," said Karen Meadows-McGraw, the family support coordinator for a battalion of the California National Guard. "The DVD provides an opportunity to take a quiet time to listen and absorb some very vital information. Most impor-

tantly, it allows the viewer the privacy that is so important due to the nature of the topic, especially if the listener is currently experiencing some of the symptoms discussed."

The 38-minute "Getting Home" DVD features behavioral health experts detailing various aspects of combat stress and describes symptoms those suffering from combat stress may exhibit, such as anger, detachment, sleeplessness and night sweats.

"Getting Home" also stresses the importance of getting help early and provides resources and infor-

mation about treatment options available through TRICARE, the military's health care program, which is ranked as the nation's number-one health program in customer satisfaction.

It is distributed by TriWest to demobilized service men and women in the TRICARE West Region as they return to their families, friends and former lives.

"I was impressed with the DVD. This is the best one I've seen yet on the subject," said Ronald Emerich, family programs professional, Nevada National Guard. "The Soldiers' stories are

outstanding. The guys coming back are having a hard time coping and it will really help them to hear these stories and say to themselves, maybe I do have a problem. I'd like to put one in every Soldier's demobilization packet."

TriWest has also established a toll-free behavioral health hotline at 866-284-3743, offering assistance to service members and their families 24 hours a day. In addition, TriWest has launched an extensive behavioral health portal at [www.triwest.com](http://www.triwest.com). "Getting Home" DVDs can be ordered through the Web site.

# Naval Health Clinic Hawai'i earns fifth consecutive Gold Star Award

Lt. Zoe Peek, NC, USN

## Naval Health Clinic Hawai'i

For the fifth consecutive year, Naval Health Clinic Hawai'i (NHCH) has received the prestigious Gold Star Award for command excellence in health promotion from the Navy Environmental Health Center (NEHC).

Strong command support and commitment from leadership headed by Capt. Charles O. Barker, the clinic's commanding officer, were among the criteria cited for the command receiving the award. Through the team-

work of the health promotion department, clinic staff, preventive medicine department, SMART Center and many command personnel who assist with teaching health education in the classes and health fairs, the command was recognized for promoting healthy lifestyles by offering optimal health and wellness services.

Established in 1995, the award recognizes Navy and Marine Corps commands that have successful, population-based health promotion programs and services. Awards are presented on three achievement levels: Gold Star (the highest level),

Silver Eagle (medium level) and Bronze Anchor (lowest level). Awards are given to commands that have met at least the minimum requirements that should be in place for a command health promotion program at each award level. All Navy health promotion and Marine Corps semper fit programs across the nation are eligible to submit award packages for consideration.

For more information on healthy lifestyles that promote health and wellness, call the Naval Health Clinic Hawai'i's health promotion department at 473-1880, ext. 282.

## Frolicking on the green



Photo by Forest City Residential Management

A Navy family enjoys playing with the family dog on their lawn in McGrew Point. Cmdr. James Lapointe and his family won Yard of the Month honors for March in the McGrew Point housing community.

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